



**Council on Aging/Senior Center**

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**COUNCIL ON AGING NEWSLETTER**



## **JUNE 2013**

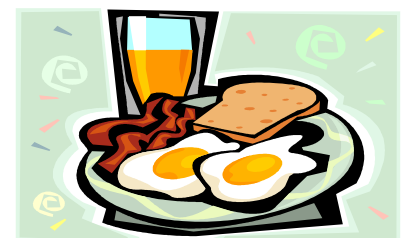
**The Westminster Council on Aging and Senior Center would like to extend our sympathy to the families and friends of:**

**Roger McAdams**

**Blood Pressure Clinic on June 6th from 11:00 to 12:00. All are welcome!**

Breakfast at the Westminster Senior Center on Friday, June 7th, at 8 AM. Come and start your day off with scrambled eggs, sausages,

English muffins, coffee and juice! A representative from Tufts Medicare Preferred will be here from 9 to 11 to review their 2013 Medicare plans and answer questions.



A Big Thank You to the DPW guys who fixed the front steps and handicap ramp at the Senior Center!! We appreciate it!!



COA Board meeting on June 11th at 1:00! All are welcome to attend!

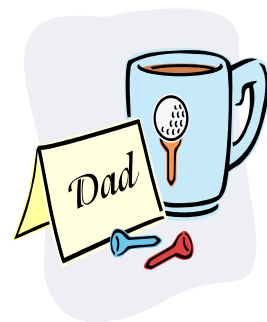
Ice Cream Social!!



Ice Cream Social!!

Come to the Westminster Senior Center on Friday, June 14th for an Ice Cream social at 12:00! The Legends Center will be providing ice cream and all the toppings!! Enjoy some ice cream after your lunch and before a game of Bingo!!

Happy Father's Day on June 16th!!



The Council on Aging and Senior Center will be closed on Thursday, July 4th, in observance of Independence Day!

Upcoming Events!

Come and play “Kaboom Bingo” on Monday, July 15th, sponsored by The Legends Center!



June is peak season for many fruits and vegetables! Try the Farmer's Market. Local seasonal foods are tastier, fresher and more nutritious. Some popular fruits and veggies in the month of June are: Strawberries, Peaches, Plums, Summer Squash, Raspberries, among many more!

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